

ABSTRACT OF THE DISCLOSURE

A high-density optical recording medium and method of recording data on the optical recording medium. The optical recording medium includes a plurality of data recording/reproducing surfaces having reflectances for light passing through a pit area, a land/groove area, and a land/groove area on which data are recorded, of a data recording/reproducing surface included between a light source for emitting light and a recording/reproducing surface selected from the plurality of data recording/reproducing surfaces, the reflectances satisfy the expressions $r_1 \geq r_2 \geq r_3$ and $\{(r_1 - r_3)/r_3\} \leq 0.2$, where r_1 , r_2 and r_3 are the reflectances of the pit area, the land/groove area and the land groove area on which data are recorded, respectively.

10000000-122701